

## ABSTRACT

Disclosed herein is a method and apparatus for discriminating optical disks, which can discriminate various kinds of optical disks which are seated on an information recording and reproducing system with high precision. In the present invention, laser light is irradiated onto an optical disk from an LD (101) for CDs, and light, which can be reflected from the optical disk, is detected by a PD (104) for CDs and a PD (105) for DVDs or PD (106) for HD-DVDs. The type of seated optical disk is discriminated on the basis of detection results.